

## CLAIMS

That which is claimed is:

1. An article of footwear comprising:  
an upper for receiving a foot of a wearer; and  
a sole attached to said upper, said sole having at least one support element that includes:  
an exterior surface;  
at least one band encircling said exterior surface; and  
a structure that facilitates movable positioning of said at least one band with  
respect to said exterior surface to thereby alter deflection and stiffness  
characteristics of said at least one support element.
2. The article of footwear of claim 1, wherein said structure is attached to said at  
least one band.
3. The article of footwear of claim 2, wherein said structure is at least one flange  
extending from said at least one band.
4. The article of footwear of claim 3, wherein said at least one flange is formed  
integral with said at least one band.
5. The article of footwear of claim 3, wherein said at least one flange is proportioned  
and positioned such that a hand of the wearer may grasp said at least one flange.

6. The article of footwear of claim 1, wherein said structure is at least one access indentation formed in said exterior surface.

7. The article of footwear of claim 6, wherein said at least one access indentation extends along a longitudinal length of said at least one support element.

8. The article of footwear of claim 6, wherein said at least one access indentation forms a gap between said exterior surface and said at least one band.

9. The article of footwear of claim 6, wherein said at least one access indentation includes a plurality of access indentations.

10. The article of footwear of claim 9, wherein said plurality of access indentations includes four access indentations.

11. The article of footwear of claim 1, wherein said exterior surface includes at least one band indentation that removably receives said at least one band.

12. The article of footwear of claim 11, wherein said at least one band indentation extends laterally around said at least one support element.

13. The article of footwear of claim 1, wherein said at least one support element includes a plurality of support elements.

14. The article of footwear of claim 1, wherein said at least one support element is hollow.

15. The article of footwear of claim 1, wherein an upper portion and a lower portion of said exterior surface slope outward to form a ridge that encircles said at least one support element.

16. The article of footwear of claim 15, wherein a band indentation is formed in said ridge, said band indentation removably receiving said at least one band.

17. An article of footwear comprising:  
an upper for receiving a foot of a wearer; and  
a sole attached to said upper, said sole having at least one support element that includes:  
an exterior surface;  
at least one band encircling said exterior surface; and  
at least one flange attached to said at least one band, said at least one flange facilitating movable positioning of said at least one band with respect to said exterior surface to thereby alter deflection and stiffness characteristics of said at least one support element.

18. The article of footwear of claim 17, wherein said at least one flange is proportioned and positioned such that a hand of the wearer may grasp said at least one flange.

19. The article of footwear of claim 17, wherein said at least one flange is formed integral with said at least one band.

20. An article of footwear comprising:

an upper for receiving a foot of a wearer; and

a sole attached to said upper, said sole having at least one support element that includes:

an exterior surface;

at least one band encircling said exterior surface and being movably positionable

with respect to said exterior surface to thereby alter deflection and stiffness

characteristics of said at least one support element; and

at least one access indentation defined by said exterior surface, said at least one

access indentation forming a gap between said exterior surface and said at

least one band to facilitate positioning of said band.

21. The article of footwear of claim 20, wherein said at least one access indentation extends along a longitudinal length of said at least one support element.

22. The article of footwear of claim 20, wherein said at least one access indentation includes a plurality of access indentations.

23. The article of footwear of claim 22, wherein said plurality of access indentations includes four access indentations.

24. The article of footwear of claim 20, wherein said exterior surface includes at least one band indentation that removably receives said at least one band.

25. The article of footwear of claim 24, wherein said at least one band indentation extends laterally around said at least one support element.

26. The article of footwear of claim 20, wherein an upper portion and a lower portion of said exterior surface slope outward to form a ridge that encircles said at least one support element.

27. The article of footwear of claim 26, wherein a band indentation is formed in said ridge, said band indentation removably receiving said at least one band.

28. An article of footwear comprising:  
an upper for receiving a foot of a wearer; and  
a sole attached to said upper, said sole having at least one support element that includes:  
an exterior surface;  
a first band encircling said exterior surface and being movably positionable with respect to said exterior surface to thereby alter deflection and stiffness characteristics of said at least one support element;

at least one access indentation defined by said exterior surface, said at least one access indentation forming a gap between said exterior surface and said first band to facilitate positioning of said first band; and  
a securing device for removably securing a position of said first band.

29. The article of footwear of claim 28, wherein said at least one access indentation extends along a longitudinal length of said at least one support element.

30. The article of footwear of claim 28, wherein said at least one access indentation includes a plurality of access indentations.

31. The article of footwear of claim 30, wherein said plurality of access indentations includes four access indentations.

32. The article of footwear of claim 28, wherein said securing device includes a first band indentation that removably receives said first band.

33. The article of footwear of claim 32 wherein said at least one support element includes a second band.

34. The article of footwear of claim 33, wherein said at least one support element has a first stiffness when said first band and said second band are disposed in said first band indentation, said support element has a second stiffness when only one of said first band and said

second band are disposed in said first band indentation, and a third stiffness when neither said first band nor said second band are disposed in said first band indentation, said first stiffness being greater than said second stiffness and said second stiffness being greater than said third stiffness.

35. The article of footwear of claim 33, wherein said first band has a greater stiffness than said second band.

36. The article of footwear of claim 28, wherein said securing device includes a first band indentation and a second band indentation, said first band indentation and said second band indentation removably receiving said first band.

37. The article of footwear of claim 36, wherein said support element has a first stiffness when said first band is disposed in said first band indentation and said support element has a second stiffness when said first band is disposed in said second band indentation, said first band indentation being located at a longitudinal center of said support element and said second band indentation being located between an end of said at least one support element and said first band indentation.